



	Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
	11/29	11/30	12/1	12/2	12/3 12/4
<b>The Suzanne Morgan Center @ Ridgeland Mansion</b> 4100 Chamounix Dr. Phila. Pa 19131 215-879-7733	10:30am Qigong 11:30am Stop By!			10:30am Guided Meditation 1:30pm Digital Sherpa	
<b>Gilda's Club</b> 200 Kirk Rd Warminster Pa 18974 215-441-3290		1:00pm Gentle chair/floor yoga		11:30-1pm Stop By!	
<b>Doylestown Hospital</b> 595 W. State Street Doylestown Pa 18901 215-345-2022		10:00am Drop In Resources 11:00am Living with Cancer Support Group	10:30am Morning Meditation 1:00pm Art Club		
<b>Virtual via Zoom</b> *advance registration required	8:30am Meditation 10:30am Qigong 11:00am Living w/ Cancer Support Group 2:30pm Breast Cancer Support Group	9:30am Gentle NIA 10:30am Pilates 1:00pm New Member Orientation (NMO) 1:00pm Living <u>After</u> Cancer Support Group 2:00pm Reaching Beyond: OT Healthy Living Series	10:00am Workout Wed 5:30pm Yoga Therapy for Cancer 6:00pm Bereavement Support Group for Spouses/partners	9:00am Yoga 10:30am Guided Meditation 11:15am Living with Cancer Support Group 2:00pm Writing for Health & Wellness 6:30pm John Lennon Real Love Project	
<b>Children &amp; Teen Program</b>	4:00pm Tutoring (virtual)	6:00pm <b>Kid &amp; Teen Support</b> @ Gilda's Club			12/4 @ 10:00am <b>Breakfast with Santa</b>



	<b>Monday 12/6</b>	<b>Tuesday 12/7</b>	<b>Wednesday 12/8</b>	<b>Thursday 12/9</b>	<b>Friday / Saturday 12/10 12/11</b>
<b>The Suzanne Morgan Center @ Ridgeland Mansion</b>	10:30am Qigong 11:30am Stop By!				
<b>Gilda's Club</b>		1:00pm Gentle chair/floor yoga	5:00pm <b>Holiday Party</b>	11:30am Stop By!	
<b>Doylestown Hospital</b>		10:00am Drop In Resources 11:00am Living with Cancer Support Group	10:30am Morning Meditation		
<b>Virtual via Zoom</b>	8:30am Meditation 9:30am <b>Digital Sherpa Training</b> 10:30am Qigong 11:00am Living w/ Cancer Support Group 2:30pm Breast Cancer Support Group 5:30pm <b>Workout w/ Avante</b> 7:00pm <b>Colorectal Cancer Survivorship Panel with Penn Medicine</b>	9:30am Gentle NIA 10:00am Open 2 Options 10:30am Pilates 1:00pm NMO 2:00pm Reaching Beyond: OT Healthy Living Series 6:30pm Living with Cancer Support Group	9:30am <b>Let's Brunch: Plant Based Cooking</b> 11:00am Laughing When Nothing Seems Funny & When It Does 5:30pm Yoga Therapy for Cancer 6:00pm Bereavement Support for Spouses 6:30pm Prostate Cancer Networking Group	9:00am Yoga 10:30am Guided Meditation 11:15am Living with Cancer Support Group 6:30pm John Lennon Real Love Project	12/10 @ 10:00am Knitting and Crocheting Circle
<b>Children &amp; Teen Program</b>	4:00pm Tutoring (virtual)	6:00pm Kid & Teen Support @ Gilda's Club	6:00pm Living With Loss @ Gilda's Club		

New and need more information on how to join a support group?

Visit the calendar on [www.cancersupportphiladelphia.org](http://www.cancersupportphiladelphia.org) for a direct link to register for New Member Orientation (NMO) and paperwork or email Beth Cribb at [info@cancersupportphiladelphia.org](mailto:info@cancersupportphiladelphia.org)



	<b>Monday 12/13</b>	<b>Tuesday 12/14</b>	<b>Wednesday 12/15</b>	<b>Thursday 12/16</b>
<b>The Suzanne Morgan Center @ Ridgeland Mansion</b>	10:30am Qigong 11:30am Stop By!			10:30am Guided Meditation 6:30pm <b>Holiday Party</b>
<b>Gilda's Club</b>		10:30am Wool Applique Club 1:00pm Gentle chair/floor yoga		11:00am Arleen Boyes Quilting Circle 11:30-1pm Stop By!
<b>Doylestown Hospital</b>		10:00am Drop In Resources 11:00am Living with Cancer Support Group	10:30am Morning Meditation 1:00pm Art Club	
<b>Virtual via Zoom</b>	8:30am Meditation 10:30am Qigong 11:00am Living w/ Cancer Support Group 1:30pm Lymphedema Networking Group 2:30pm Breast Cancer Support Group 5:30pm Workout w/ Avante	9:30am Gentle NIA 10:30am Pilates 1:00pm NMO 1:00pm Living <u>After</u> Cancer Support Group 2:00pm Reaching Beyond: OT series 6:30pm <b>Ovarian/Gyn Cancer Q&amp;A with Dr. Flannery</b>	10:30am Writing for Health & Wellness 5:30pm Yoga Therapy for Cancer	9:00am Yoga 10:30am Guided Meditation 11:15am Living with Cancer Support Group 1:30pm Open 2 Options 6:30pm Young Adult Survivors Networking 6:30pm John Lennon Real Love Project
<b>Children &amp; Teen Program</b>	4:00pm Tutoring (virtual) 7:00pm Teen Summit: Focus Cancer (virtual)	6:00pm Kid & Teen Support @ Gilda's Club		

**New and need more information on how to join a support group?**

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	<b>Monday 12/20</b>	<b>Tuesday 12/21</b>	<b>Wednesday 12/22</b>	<b>Thursday 12/23</b>
<b>The Suzanne Morgan Center @ Ridgeland Mansion</b>	10:30am Qigong			10:30am Guided Meditation
<b>Gilda's Club</b>		1:00pm Gentle chair/floor yoga		10:30am Writing for Health & Wellness
<b>Doylestown Hospital</b>		10:00am Drop In Resources 11:00am Living with Cancer Support Group	10:30am Morning Meditation	
<b>Virtual via Zoom</b>	8:30am Meditation 10:30am Qigong 11:00am Living w/ Cancer Support Group 2:30pm Breast Cancer Support Group 5:30pm Workout w/ Avante	9:30am Gentle NIA 10:30am Pilates 1:00pm NMO 6:30pm Blood Cancer Networking Group 6:30pm My Spouse Has Cancer Group	11:00am Laughing When Nothing Seems Funny & When It Does 5:30pm Yoga Therapy for Cancer	9:00am Yoga 10:30am Guided Meditation 11:15am Living with Cancer Support Group
<b>Children &amp; Teen Program</b>	7:00pm Teen Summit: Focus on Loss (virtual)		7:00pm Parenting with a Loss (virtual)	

**CSCGP wishes everyone a happy, healthy holiday season.**

**CSCGP offices will be closed starting at 12:30pm on Thursday December 23<sup>rd</sup> and will reopen on Tuesday January 4, 2022.**

**Programs & groups will NOT meet during this time.**

**If you need support, please call 1-888-793-9355 or visit:**

**<https://www.cancersupportcommunity.org/cancer-support-helpline>**



**Join Us, Because No Matter What,  
No One Should Face Cancer Alone!**

The events surrounding COVID-19 created an unprecedented set of challenges for our community. We did our part and stayed socially distant to protect each other. Starting this summer, it is our hope that we can continue to support members online alongside our members who are yearning to be in-person. Unlike March 2020 when we moved online, in-person programs will begin gradually. We strive to find a happy balance between virtual and in-person programs that works for everyone.

\*Remember to refer to our FAQ below about visiting in person. If you have any questions, always feel free to check with a staff member.

Class videos are archived on YouTube for easy reference. Follow @cscphilly on [Facebook](#) and subscribe to our [YouTube Channel](#).

### **General Individual Program Descriptions**

#### **Qigong**

Qigong means "Energy work, or "movement". The rhythmic movements combined with deep breathing help to bring a sense of peace and grounding.

#### **Pilates**

This class will integrate gentle stretching and strengthening movements based on traditional Pilate's exercises.

#### **Workout Wednesday**

Workout Wednesday, taught by Avante Bailey, is a modified cross-training experience that includes obstacles, boxing pad-work, resistance bands, combat ropes and plenty of other surprises!

#### **Yoga Therapy for Cancer / Restorative Yoga / Yoga Support / Gentle Nia**

All levels welcome. This class explores a variety of movement styles, then harnesses the mind into the stillness of meditation. Movement modalities range from yoga/chair yoga, Qi Gong, non-impact dance, and somatic explorations. Meditations encompass concentration practices, lovingkindness and visualization. Restorative yoga is a gentler practice of yoga that promotes a relaxing experience to settle the mind & body

#### **Stop By!**

Missing social time with other members? From 11:30 a.m.- 1:00 p.m. on Mondays at Ridgeland and Thursdays at Gilda's Club, you are welcome to bring your lunch, meet outside, go for a walk around the mansion, or sit on the benches to relax and enjoy nature. Be sure to bring your own water bottle that you can re-fill in the kitchen. Tea & coffee will also be available, but no food or snacks will be provided at this time. We would love to see you, so Stop By!

#### **Guided Meditation**

Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.



*Programs marked with \* require joining as a member & having a pre-attendance conversation with a CSCGP staff member*

**\*Laughing When Nothing Seems Funny and When It Does with Dr. Yvonne Kaye**

Join Dr. Yvonne Kaye, as she finds the humor in just about anything and everything! Come dance, sing, laugh, and cry together as we are all impacted by struggles in life. Finding the positive may be hard sometimes, but this group will help!

**\*Writing for Health & Wellness**

In this writing class, incorporating techniques from journaling and expressive writing, you will have the opportunity to write and share your words with other people who understand the demands of a cancer experience. This is NOT about becoming a great writer; it's about using writing as a way to deal with and heal from your own cancer experience, and doing that with other people who will really "get" what you're writing and saying. No writing experience or expertise is necessary.

**\*Living With Cancer Support Groups**

Open to anyone actively living with a cancer diagnosis. Please join only one group (Monday, Tuesday OR Thursday)

**\*Living with Loss Networking Group/ Bereavement Support Groups**

Open to anyone who has lost a loved one as a result of a cancer diagnosis.

**\*Friends & Family Networking Group / My Spouse Has Cancer Support Group**

Are you supporting someone with a cancer diagnosis? Needing some support yourself, and want to talk with others who are in similar situations? This group is meant to provide support to the key people who are caregivers, meal providers, or drivers to appointments. Your stresses and concerns are important, and taking time for yourself is key.

**\*Cancer Specific Networking Groups (Blood / Ovarian / Lymphedema / Breast / Young Adult)**

Networking Groups allow our members to meet others with similar diagnoses and experiences. These groups offer the chance to share stories, connect with others and obtain resources specific to their cancer diagnoses and experiences.

**\*Children & Teen Programs (CTP)**

Groups and activities geared around families with school aged children and dealing with a cancer diagnosis within the home. For more information about Children & Teen Programs, email [Christina@cancersupportphiladelphia.org](mailto:Christina@cancersupportphiladelphia.org)



## Frequently Asked Questions about *the 'New Normal'* Returning to In-Person Programming

Starting June 2021, it is our hope that we can continue to support members online alongside our members who are yearning to be in-person. Unlike March 2020, in-person opportunities will begin gradually. We strive to find a happy balance between virtual & in-person.

In anticipation of addressing questions, we created a list of frequently asked questions. We hope you find an answer to your question(s) below. If not, we are available to answer individual questions.

*Will masks be required?*

We recognize that many of our members have compromised immune systems and to ensure everyone's safety, masks are required when on premise at all Cancer Support Community Greater Philadelphia locations. Regardless of individual vaccination status.

*What precautions is CSCGP implementing for my safety?*

CSCGP requires individuals to comply with PA Mask Mandates, CDC guidelines regarding social distancing, avoiding large crowds, disinfecting high touch surfaces daily and encouraging everyone to obtain a vaccination. CSCGP will continue with virtual programming as well as limiting in-person attendance and the number of in-person opportunities. Members will have access to bleach wipes, disinfectant, hand sanitizer, etc., to clean equipment before and after use.

*Are you requiring that all individuals on-site show proof of vaccination?*

No, however CSCGP encourages all employees, volunteers and members to obtain a vaccination. Attending in-person events at CSCGP is a family decision made after careful consideration of the risks, current conditions in our community, and other factors you deem relevant and important. If anyone needs assistance locating a COVID-19 vaccination, please contact any program staff member.

*Will you be offering programs outdoors and how will I know if it is outdoors?*

Outdoor spaces are available for members to meet. Activities that do not require technology can meet outside, weather permitting. Please call the morning of to confirm location.

*Will you be requiring temperature checks and hand sanitizer upon entering the building?*

Temperature checks will not be required however we do ask everyone to use hand sanitizer upon entering the building.

*What about in-person support / networking group?*

All active support and networking groups will remain virtual. As the need arises, CSCGP will create additional support groups to support individuals that are able/interested in meeting in-person.



*How will I know if a program is available in person or online?*

On the paper calendar, programs will be listed next the designated location (Ridgeland, Gilda's Club, Doylestown, Virtual). On the online event calendar, the location will be identified above the description. Hybrid events will be listed in both locations and members will have choice of selecting how they plan on attending upon registration.

*What does 'hybrid' mean?*

Hybrid signifies that this program is being offered simultaneously to individuals' onsite and online. Members have the choice of attending live or from the comfort of their home.

*What about my support group? I live too far from both locations.*

All active support and networking groups will remain virtual. Any changes to these groups will disrupt group dynamics and risk excluding individuals. As the need arises, CSCGP will create additional support groups to support individuals that are able/interested in meeting in-person.

*Half the attendees in my support group want to meet in person; can our group meet in a hybrid format?*

Ideally, it would be wonderful if individuals could chose to attend either live or online depending on their situation on any given day. However, best practices for support groups discourages the use of hybrid groups for a variety of reasons, including negative influences to group dynamics, imbalances of power and lastly the additional mental load. Those attending virtually will miss additional opportunities to form relationships with other attendees and the facilitator.

*Will the kitchen be available for refreshments?*

Kitchen is open for water, coffee, tea & drinks.